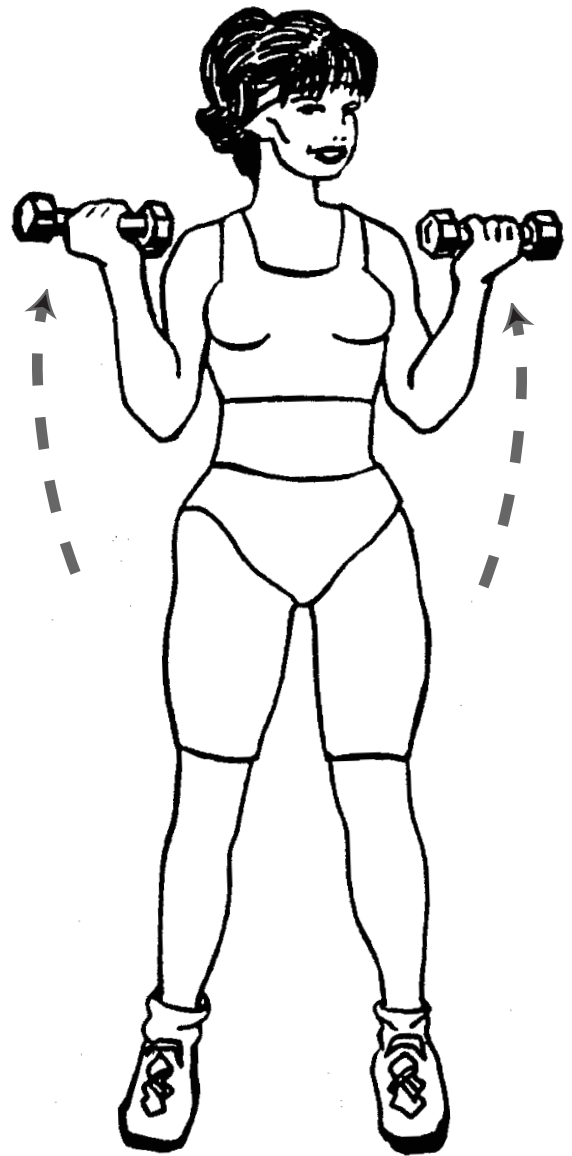
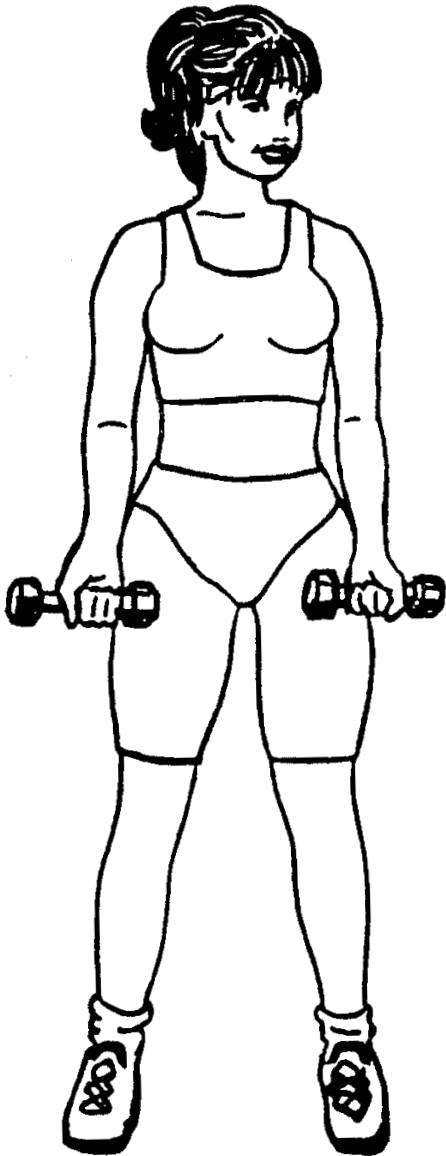


Arm curls

(with or without weights)



Stand with your feet shoulder width apart, arms at your sides, palms facing forward. Bend at the elbow to form a "V" with your arm. Slowly return to the starting position and repeat 10 times.